07/24/12 - Black Bean Turkey Chili

This summer is flying by. Since August is approaching fast it is time to fill my freezer with meals the ?boys' can heat up and eat while I am gone for ten days. Maybe they will manage to make a salad or rice to go with. Anybody want to make a wager on the likelihood of that happening?

I have posted a recipe for Turkey Chili in the past, but this time I decided to go with black beans instead of kidney beans and add more vegetables to the mix. Serve the dish garnished with diced avocado, green onion, chopped tomatoes or crushed tortilla chips. Sometimes it is nice to come home and just heat something up and eat it with your feet propped up while watching old movies. This chili is also great as

Nona used to make ?chili con carne' back in the 1960's. I think she liked to make it because it had a Spanish name.

Serves: 8 to 12 big bowls

3 tablespoons safflower oil

2 large onions, small dice

2 red bell peppers, small dice

1 orange or yellow bell pepper, small dice

1 dark green Poblano chili, seeded and diced

1 Jalapeño chili, seeded and minced

3 large cloves garlic, peeled and minced

1 teaspoon Sea salt

1 teaspoon Pepper, freshly ground

2 tablespoons safflower oil

3 pounds ground turkey

1 tablespoon Ancho chili powder (smokey and rich)

2 tablespoons New Mexico chili powder (mild)

2 tablespoons dark chili powder (mild and full bodied)

1 teaspoon cumin or more to taste

More salt and pepper to taste

4 tablespoon unsweetened cocoa powder

3 teaspoons Adobo sauce from canned chipotle chilies (hot and smoky)

2 (14 ounce) cans chopped tomatoes

3 tablespoons corn Masa, Masa Harina

1 14 ounce can water

3 (15 ounce) cans drained black beans (organic if you can find them)

Garnish:

Avocado

Fresh Corn Kernels

Diced tomatoes

Heat a large Dutch oven on medium heat. When pan is heated, add oil and then, add onions, chilies and garlic. Stir and season with salt and pepper. Cook vegetables until soft and translucent, stirring occasionally.

Heat a large sauté pan on high until hot, then, add oil and ground turkey. Using two woods spoons or paddles stir and break up turkey until it is cooked through and

Add turkey to sautéed vegetables in Dutch oven. Lower heat to low setting and stir to combine. Next, add spices and stir. Add chopped tomatoes. Measure *Masa Harina* into one of the empty cans from the tomatoes and fill it with water. Stir to dissolve *Masa Harina* and make slurry. Add slurry or *Masa Harina* liquid to the

Add black beans to turkey and vegetables, stir to combine. Simmer chili on very low heat with a lid on Dutch oven for about one hour. This gives the flavors a chance to

Serve with prepared garnishes. You can serve this with rice or use it to make chili dogs or top hamburgers.

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